**BCSSA Simon Fraser Region**

**2019 Speed Swimming Regional Championships**

**August 2/3/4, 2019**

**Meet Package**

**Participating Clubs:**

* Burnaby Barracudas BUR-SF
* Burnaby Mountain Mantas BMM-SF
* Coquitlam Sharks COQ-SF
* Port Coquitlam Marlins PCM-SF
* Port Moody Aquarians PMA-SF

**Meet Manager** Carl Trepanier

**Meet Referee** Jeff Sheehan

**Meet Secretary** Ashley Sandquist

**Chief Meet Recorder** Natalia Loginova

**Meet Schedule**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **August 2, 2019** | **August 3, 2019** | **August 4, 2019** |
| Preliminary Heats Warm-up | 2:00 – 3:10 pm | 7:30 - 8:40 am | 7:30 - 8:40 am |
| Preliminary Heats Start | 3:30 pm | 9:00 am | 9:00 am |
| Finals Warm-up\* | 5:30 pm | 12:30-1:15 pm | 12:30-1:15 pm |
| Finals Start\* | 6:00 pm | 1:30 pm | 1:30 pm |
| Jason Parrish Scholarship Award |  |  | 1:15 pm |
| Preliminary Heats Scratches Due | 2:15 pm | 8:30 am | 8:30 am |
| Relay Cards Due | N/A | 10:00 am | 10:00 am |
| Finals Scratches Due | Start of Finals Warm-up | Start of Finals Warm-up | Start of Finals Warm-up |
|  |  |  |  |
| Officials Meeting | 2:50 pm | 8:20 am | 8:20 am |
| Coaches Meeting | 3:05 pm | 8:35 am | 8:35 am |
|  |  |  |  |

\* Finals Warm-ups and Finals times are approximate. Actual times will depend on the end time of Preliminary Heats. Finals Warm-ups will begin immediately upon the completion of Preliminary Heats.

**Meet Venue**

Spani Outdoor Swimming Pool at 655 Hillcrest Street, Coquitlam

* A 25 metre long, 8 lane outdoor pool.
  + The main tank will be designated for competition.
  + The dive tank will be allocated as “Warm-Up & Warm-Down Area”. Swimmers using the Warm-Up & Warm-Down Area must be supervised by their coach.
* Coaches’ tables are located on deck along the South side of the pool.
* Spectator viewing area and bleachers are located North and West of the pool.
* Clerk of the Course and Marshalling areas are located in the grass area East of the pool.
* Concession will be open for breakfast and lunch Saturday and Sunday and for dinner on Friday afternoon.
* Parking is available in various lots throughout the park and on the streets surrounding the pool. Please respect signage.

**Rules**

1. The current BCSSA Rules and Regulations as published in January 2019 will apply.

**Format**

1. All Individual events will swim Preliminary Heats and Championship Finals. Div 1-5 events will also swim a Consolation Final, and Div 1-3 50 Free will swim a second Consolation Final.
2. The Simplified Marshalling Procedures will be used for Divisions 5-8 and O-Cat 2 for heats only. Swimmers in these divisions will not need to check in at the Clerk of Course and will not be called in the marshalling area for the Preliminary Heats. All divisions will need to report to the Clerk of Course and follow the directions of the Marshall for Championship Finals in all events.
3. In order for a Consolation Final to be swum, a minimum of ten (10) swimmers must compete in the Final session, i.e. there must be a full heat in the Championship Final plus a minimum of two (2) swimmers in the Consolation Final.
4. Relays for all Divs with 8 or fewer entries will swim as Timed Finals during the Finals session. Relays with 9 or more entries will swim as Preliminary Heats and Championship Finals. Relays have no Consolation Final.
5. Scratches for Championship Finals must be submitted to the Timing Office at the start of Finals warm-ups, to allow alternates proper time to prepare.
6. All events will be circle seeded in the Preliminary Heats by gender and division.
7. Swimmers entered incorrectly or NT may be randomly seeded in the Preliminary Heats at the discretion of the Meet Manager.
8. Div 8 and O-Cat 2 Preliminary Heats and Championship Finals will be combined for all events with 8 or fewer entries. These events will be scored separately.
9. At the meet manager's discretion, other Preliminary Heats and Championship Finals events may also be combined for efficiency.
10. All member clubs, competitors, coaches, officials or individuals attending the Regional Championships shall abide by the Code of Conduct as stipulated in Section 3 Conduct of the Administration of the BCSSA Rules and Regulations and in this meet package. Any members or individuals who fail to comply with the above may be subject to discipline by the Meet Manager.
11. Alternates, if called, will be given an Alternate Slip by the Clerk of the Course as proof of their eligibility to swim in the Final or Consolation Final.

**Timing System**

1. Colorado timing system with electronic touch pad and buttons interfaced with Hy-Tek Meet Manager® and 8-line display scoreboard will be used as the approved automatic judging and timing system in accordance with the BCSSA rules.
2. If a malfunction or light touch invalidates the touch pad results, the electronic button results will be considered as the Official Times.

**Eligibility**

1. All participating swimmers must be registered with BCSSA and a member of a Simon Fraser Region for the 2019 season.
2. Swimmers may compete in up to four (4) individual events and two (2) relays.
3. In order for a swimmer to compete in an individual or relay event at the Regional Championships, the swimmer must have competed for a BCSSA club in a scheduled BCSSA swim meet, during the 2019 season, prior to this Regional Championships.

**Entries**

1. A swimmer will be entered into an event based on their best time, if available, in the current 2019 competition season. Their 2019 Best Time, if available, must be included in the exported meet entries file from Swim Manager®.
2. A swimmer with no time (NT) or no legal time in the 2019 competition season in a particular event is eligible to compete in the Regional Championships in that event **and will be randomly seeded with NT. Estimated times will not be accepted**. Clubs are responsible to ensure correct Best Times are used and submitted with their entries. Simon Fraser Region is not responsible for the Entry Times. Simon Fraser Region is also not responsible for the proper seeding of the swimmers with incorrect Best Times or no Best Time.
3. Entries must be received by the Meet Manager via email before 9:00 pm Monday, July 29th, 2019. Email entries to sf.director@bcsummerswimming.com
4. Entries are closed to changes or additions as of 9:00 pm Monday July 29th, 2019.
5. Any request for corrections after entries closing must be made to the Meet Manager, and will be considered at his/her sole discretion.
6. Entry Fees
   * 1. $6.00 per individual event
     2. $8.00 per relay
7. Entry fees must be paid by cheque to the “BCSSA Simon Fraser Region” in full to the Regional Director or Regional Treasurer by 5:00 pm, August 2, 2019.
8. There will be **no** deck entries.
9. Clubs must send their head coach and one member of their club executive with their printed copies of the club’s ‘Individual Meet Entries Report’ and two (2) copies of the club’s ‘Top Times Spreadsheet Report’ to the region seeding meeting at 7:00 pm Wednesday, July 31st at the BCSSA Provincial Office at 205-2323 Boundary Road in Burnaby.

**Relay Entries**

1. Relay entries must be on an **Official Relay Entry form (available from BCSSA website)**.
2. The relay entry forms must be submitted by the following times (No exceptions, no extensions):

**Aug 3 Relays 10:00 am**

**Aug 4 Relays 10:00 am**

1. Only the four swimmers and the two alternates named on the Relay Entry form will be allowed to swim in the event.
2. Any substitutions must be approved in writing by the Meet Referee within 1 hour of the respective due date and time.

**Awards**

1. Medals will be awarded to 1st – 3rd place finishes and ribbons will be awarded to 4th – 16th place finishes for Divisions 1-5 based on results from Finals.
2. Medals will be awarded to 1st - 3rd place finishes and ribbons will be awarded to 4th – 8th place finishes for Divisions 6-8 and O-Cat based on results from Finals.
3. Medals will be awarded to 1st – 3rd place finishes and ribbons will be awarded to 4th – 8th place finishes for Relay Teams based on results from Finals.
4. There will be no individual or club aggregate awards.
5. All provincial qualifiers will be given a Simon Fraser Region T-shirt and swim cap to be worn at the 2019 Provincials in Surrey. Each swimmer is limited to one T-shirt and one swim cap regardless of the number of events or sports qualified.
6. Scoring per BCSSA Rules Section 10

* Championship Finals: 18-16-15-14-13-12-11-10
* Consolations Finals: 9-7-6-5-4-3-2-1
* Relays: 36-32-30-28-26-24-22-20

1. Final results and club points will be provided to each Club President by email.

**Provincial Qualifiers**

1. All individual event Provincial qualifiers **must sign up** with the Regional Secretary in order to be entered into the Provincial Championships. Qualifying relay teams must be signed up however the team members do not need to be specifically named at sign up.

A sign-up sheet for Provincials will be available where swimmers pick up their Provincial Advancer’s T-shirts. Swimmers younger than 18 years old must be signed up by one of their parents. The sign-up sheet will be available during Saturday and Sunday Finals and up to one (1) hour after the completion of the Finals on Sunday.

If a swimmer does not sign up for Provincials, their provincial advancer eligibility may be forfeited and they may be scratched one (1) hour after the completion of the Finals on Sunday. In that case, their spot at the 2019 Provincials may be given to the next qualifier.

1. The Provincials sign up will enable the Region to contact Alternates and fill any vacant spots before the entries are submitted to the BCSSA. It is imperative that Club Presidents and Head Coaches are aware of the risk that qualified relay teams may not be able to compete at Provincials if the relay team is not signed up.
2. Please submit any provincial scratches to Carl Trepanier (email at sf.director@bcsummerswimming.com) by **9:00 pm Sunday August 4, 2019**.
3. Regional Relay Teams will be determined by a committee of all participating club head coaches or their designates. **All decisions made by the committee are Final.**

**Speed Swimming Event List**

**Friday August 2, 2019**

|  |  |  |  |
| --- | --- | --- | --- |
| **Girls** | **Division** | **Event** | **Boys** |
| 101 | I | 100m IM | 102 |
| 103 | II | 100m IM | 104 |
| 105 | III | 100m IM | 106 |
| 107 | ‘O’ CAT 1 | 100m IM | 108 |
| 109 | IV | 200m IM | 110 |
| 111 | V | 200m IM | 112 |
| 113 | VI | 200m IM | 114 |
| 115 | ‘O’ CAT 2 | 200m IM | 116 |
| 117 | VII | 200m IM | 118 |
| 119 | VIII | 200m IM | 120 |

**Please note IM Finals will be held on Friday August 2, 2019.**

**Speed Swimming Event List**

**Saturday August 4, 2018**

|  |  |  |  |
| --- | --- | --- | --- |
| 121 | I | 50m Free | 122 |
| 123 | II | 50m Free | 124 |
| 125 | III | 50m Free | 126 |
| 127 | ‘O’ CAT 1 | 50m Free | 128 |
| 129 | IV | 50m Free | 130 |
| 131 | V | 50m Free | 132 |
| 133 | VI | 50m Free | 134 |
| 135 | ‘O’ CAT 2 | 50m Free | 136 |
| 137 | VII | 50m Free | 138 |
| 139 | VIII | 50m Free | 140 |
| 201 | I | 50m Fly | 202 |
| 203 | II | 50m Fly | 204 |
| 205 | III | 50m Fly | 206 |
| 207 | ‘O’ CAT 1 | 50m Fly | 208 |
| 209 | IV | 50m Fly | 210 |
| 211 | V | 100m Fly | 212 |
| 213 | VI | 100m Fly | 214 |
| 215 | ‘O’ CAT 2 | 100m Fly | 216 |
| 217 | VII | 100m Fly | 218 |
| 219 | VIII | 100m Fly | 220 |
| 221 | I | 50m Back | 222 |
| 223 | II | 50m Back | 224 |
| 225 | III | 50m Back | 226 |
| 227 | ‘O’ CAT 1 | 50m Back | 228 |
| 229 | IV | 100m Back | 230 |
| 231 | V | 100m Back | 232 |
| 233 | VI | 100m Back | 234 |
| 235 | ‘O’ CAT 2 | 100m Back | 236 |
| 237 | VII | 100m Back | 238 |
| 239 | VIII | 100m Back | 240 |
| 141 | I | 4x50m Medley Relay | 142 |
| 143 | II | 4x50m Medley Relay | 144 |
| 145 | III | 4x50m Medley Relay | 146 |
| 147 | ‘O’ CAT 1 | 4x50m Medley Relay | 148 |
| 149 | IV | 4x50m Medley Relay | 150 |
| 151 | V | 4x50m Medley Relay | 152 |
| 153 | VI | 4x50m Medley Relay | 154 |
| 155 | ‘O’ CAT 2 | 4x50m Medley Relay | 156 |
| 157 | VII | 4x50m Medley Relay | 158 |
| 159 | VIII | 4x50m Medley Relay | 160 |

**Speed Swimming Event List**

**Sunday August 5, 2018**

|  |  |  |  |
| --- | --- | --- | --- |
| **Girls** | **Division** | **Event** | **Boys** |
| 301 | V | 50m Fly | 302 |
| 303 | VI | 50m Fly | 304 |
| 305 | ‘O’ CAT 2 | 50m Fly | 306 |
| 307 | VII | 50m Fly | 308 |
| 309 | VIII | 50m Fly | 310 |
| 311 | I | 50m Breast | 312 |
| 313 | II | 50m Breast | 314 |
| 315 | III | 50m Breast | 316 |
| 317 | ‘O’ CAT 1 | 50m Breast | 318 |
| 319 | IV | 100m Breast | 320 |
| 321 | V | 100m Breast | 322 |
| 323 | VI | 100m Breast | 324 |
| 325 | ‘O’ CAT 2 | 100m Breast | 326 |
| 327 | VII | 100m Breast | 328 |
| 329 | VIII | 100m Breast | 330 |
| 331 | I | 100m Free | 332 |
| 333 | II | 100m Free | 334 |
| 335 | III | 100m Free | 336 |
| 337 | ‘O’ CAT 1 | 100m Free | 338 |
| 339 | IV | 100m Free | 340 |
| 341 | V | 100m Free | 342 |
| 343 | VI | 100m Free | 344 |
| 345 | ‘O’ CAT 2 | 100m Free | 346 |
| 347 | VII | 100m Free | 348 |
| 349 | VIII | 100m Free | 350 |
| 241 | I | 4x50m Free Relay | 242 |
| 243 | II | 4x50m Free Relay | 244 |
| 245 | III | 4x50m Free Relay | 246 |
| 247 | ‘O’ CAT 1 | 4x50m Free Relay | 248 |
| 249 | IV | 4x50m Free Relay | 250 |
| 251 | V | 4x50m Free Relay | 252 |
| 253 | VI | 4x50m Free Relay | 254 |
| 255 | ‘O’ CAT 2 | 4x50m Free Relay | 256 |
| 257 | VII | 4x50m Free Relay | 258 |
| 259 | VIII | 4x50m Free Relay | 260 |